

Texas Talks

Pain Management Worksheet

Proactive discussions about safely managing pain can help your older loved one live their life to the fullest. Use this worksheet with your loved one to discuss their relationship with persistent pain and approaches that can help.

1. Read the following statements and mark each one that they agree with.

- ☐ Pain keeps me from doing things I enjoy.
- ☐ I am afraid of moving around or no longer move around because of pain.
- ☐ It is challenging for me to regularly eat healthy foods.
- ☐ I am not able to sleep enough or feel rested.
- ☐ Managing stress in my life is difficult or impossible.
- ☐ I am not sure how or why I feel ongoing pain.
- ☐ I feel that people do not believe or care about my pain symptoms.

2. Review the following pain management strategies with your loved one and mark each one that interests them.

- ☐ Engage in regular physical activity.
- ☐ Try relaxation and stress-reduction techniques.
- ☐ Reach out and talk to other people.
- ☐ Consult with a health care provider to review or reduce medications.
- ☐ Attend group support meetings or therapy.
- ☐ Learn more about pain, how it operates and how non-opioid treatments help.

3. Review their responses above and consider whether they want or need additional support to help them safely manage pain.